



VA Greater Los Angeles Healthcare System
Affiliated with
David Geffen School of Medicine at UCLA

Physical Medicine & Rehabilitation Residency Program



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Welcome

Welcome to the VA Greater Los Angeles Healthcare System / UCLA-Affiliated Physical Medicine and Rehabilitation Residency Program. The field of Physical Medicine and Rehabilitation is constantly evolving and we are proud to be a part of the exciting progress. Since 1955, our program has trained more than 250 physiatrists and has been dedicated to providing quality patient care.

We are fully accredited by the Accreditation Council for Graduate Medical Education (ACGME) and offer outstanding clinical experiences in all aspects of clinical neurorehabilitation and musculoskeletal medicine including interventional physiatry, electrodiagnostic medicine, amputee care, cardiopulmonary rehabilitation, and other subspecialty areas.

Currently, the program hosts 25 PM&R Residents and supports 4 Pain Medicine Fellows. Our full-time faculty members outnumber our trainees (a superb teaching faculty:resident ratio) and are passionately dedicated to educating our residents and fellows. In addition, our trainees work with numerous part-time and voluntary faculty clinicians based in the community and the private sector.

We are a multi-campus training program comprised of a family of affiliated hospitals in the Los Angeles areas (Greater Los Angeles VA Healthcare System – West Los Angeles and Sepulveda, UCLA Medical Center, Cedars-Sinai Medical Center, Children's Hospital Los Angeles, Long Beach VA Healthcare System, and Rancho Los Amigos National Rehabilitation Center). We offer a well-balanced curriculum evenly divided between outpatient and inpatient rotations.

The residency program shares resources and faculty with the Pain Medicine Fellowship Program (founded and ACGME accredited since 2001). Co-staffed by Physiatrists, Anesthesiologists, Psychologists, Neurologists, and Psychiatrists, this program offers a true multidisciplinary approach to comprehensive pain management. Thus, the residents have the opportunity to learn from experts and gain exposure to various evaluation and treatment methods in pain management, including post-operative care and interventional pain procedures.

On behalf of the bright residents, fellows, and faculty across our family of facilities, I welcome you to learn more about us. We look forward to meeting you during your visit, elective rotation or interview here.

Best Regards,

Dixie Aragaki, MD

Program Director, VA GLA HS Physical Medicine & Rehabilitation Residency
Associate Clinical Professor, David Geffen School of Medicine at UCLA



Curriculum

Overview:

Thank you for your interest in our residency program. Listed below are sample schedules for the West Los Angeles VA followed by the components of our curriculum. Strong emphasis is placed on both clinical exposure and formal classroom teaching every day of the week. Residents have ample opportunities to gain hands-on experience by participating in various procedures, including electrodiagnostic testing and ultrasound-guided injections. Furthermore, residents are expected to present morbidity and mortality, journal club, grand rounds, as well as various other presentations throughout the year. Since this is a multi-campus program, the typical day will vary from one site to another. Regardless of the rotation, Tuesday afternoons remain protected time for didactics, which are predominantly faculty-led, and all sites remain committed to the educational experience of the residents.

Our typical work day lasts from 8am-5:30pm, but at times it can run later. Twenty days of vacation are provided with another ten days allowed for illness/required certifications/conferences. Our call schedule varies considerably based on location as well as post-graduate year. We encourage you to ask us questions about it when you visit.

Sample Outpatient Week at West Los Angeles VA

	8AM-9AM	9AM-NOON	1PM-5PM
Monday	Lecture	EMG/NCS	General Outpatient
Tuesday	Lecture	General Outpatient	Didactics
Wednesday	Pain Lecture	Pain Clinic	Pain Clinic
Thursday	Lecture	EMG/NCS	Pain Clinic/EMG
Friday	Lecture	General Outpatient	General Outpatient

Sample Inpatient Week at West Los Angeles VA

	8AM-9AM	9AM-NOON	1PM-5PM
Monday	Lecture	Continuity Clinic	Inpatient
Tuesday	Lecture	Inpatient	Didactics
Wednesday	Pain Lecture	Team Meeting	Inpatient
Thursday	Lecture	Amputee Clinic	Inpatient
Friday	Lecture	Inpatient	Inpatient

COMPONENTS OF THE CURRICULUM

The Physical Medical and Rehabilitation (PM&R) and Pain Medicine curriculum is comprised of three components:

- 1) Basic Science and Clinical Didactics
- 2) Clinical Practice
- 3) Resident Research

1. BASIC SCIENCE AND CLINICAL DIDACTICS

Basic Science: (ANNUAL LECTURE SERIES)

This series of modules is presented annually. Each series consists of six to twelve lectures given by specialists in their respective field.

- Introduction to Physical Medicine and Rehabilitation
- Gait Analysis/Kinesiology
- Neuromuscular Physiology and Neurorehabilitation
- Functional Musculoskeletal and Neurological Anatomy
- Musculoskeletal Examination Skills
- Anatomy Lab (MSK Ultrasound)
- Electrodiagnosis I
- Electrodiagnosis II
- Research Module/Statistics
- PM&R Administration/Medical-Legal Practice Issues
- Prosthetics/Orthotics/Amputee Rehabilitation

Clinical Didactics: (CORE LECTURE SERIES)

The Core Lecture Series is presented over a three-year period by Staff and Residents as follows:

- Stroke Rehabilitation
- Geriatric Rehabilitation
- Neuromuscular Disorders
- Rheumatologic and Connective Tissue Diseases
- Modalities and Therapeutic Exercises
- Spinal Cord Injury
- Degenerative Spine Disorders
- Musculoskeletal/Sports
- Pediatric Rehabilitation
- Cardiopulmonary, Cancer Rehab
- Traumatic Brain Injury
- Central Nervous System Disorders
- Industrial Rehabilitation
- Pain Management
- Additional Topics (burns, skin, movement disorders, polytrauma)
- Pain Lecture Series is held every Wednesday 8-9am. (Click [here](#) to view a sample schedule)

2. CLINICAL PRACTICE:

This component offers the opportunity to acquire appropriate evaluation and treatment skills as well as to demonstrate competence in the inpatient and outpatient settings covering the following rehabilitation and pain management areas:

- General Rehabilitation
- Musculoskeletal/Rheumatology Rehabilitation
- Electrodiagnostic Medicine
- Pain Medicine including Interventional Pain Management
- Amputee Rehabilitation
- Prosthetics/Orthotics and Wheelchair
- Traumatic Brain Injury
- Spinal Cord Injury
- Pediatric Rehabilitation
- Cardiopulmonary Rehabilitation
- Nursing Home Care Unit (Geriatric Rehabilitation and Cancer/Palliative Care)
- Wellness and Fall Risk Assessment
- Sports Medicine
- Polytrauma

3. RESIDENT RESEARCH:

By the Fall of the PGY-2 year, each new resident is assigned to a research team and faculty advisor. The team will prepare, conduct, and submit results of the project over the course of the three-year residency program.

For a list of recent publications from our residents, please click [here](#).

Research

By the Fall of the PGY-2 year, each new resident is assigned to a research team and faculty advisor. The team will prepare, conduct, and submit results of the project over the course of the three-year residency program. In August of each year, a full day is dedicated to our Research Day, where residents give poster and PowerPoint presentations on their respective research.

A. Goals of PM&R Resident Research:

- Gain an exposure to and appreciation of scientific research in PM&R
- Acquire research skills and interests necessary for more intensive future involvement in research
- Provide the opportunity for an experience-based decision regarding pursuit of an academic career
- Enhance the ability to critically review research literature
- Develop an understanding of the interrelatedness of research to clinical practice
- Develop relevant clinical work of publishable quality
- Foster the recognition that involvement in research can be enjoyable and personally rewarding

B. Resident Research Responsibilities:

a. First Year Residents: *Research Module: Literature Review and Methodology*

- Beginning October 1st, attendance at a weekly practicum with Team Advisor Tuesdays at 1:15– 2:00pm.
- Nine (9) hours of classroom instruction on research methodology with exercises designed to augment the practicum
- Attendance at the Annual Research Day (August)
- Attendance at the six (6) hour Statistics Lecture Series in January with a grade of at least 80% on the exam.

b. Second / Third Year Residents: *Research Module: Data Collection and Analysis*

- Conduct research activities on their team project during designated research time
- Attendance at a weekly practicum with Team Advisor on Tuesdays 1:15 – 2:00 pm
- Team poster presentation at the Annual Research Day (August)
- Present at AAPM&R annual conference (Third Year Residents)

C. Select publications by our residents are listed below:

2013

Woojae Kim, Eric Y. Chang, Beny Charchian, Li-Jung Liang, Armen J. Dumas, Hyung Kim, Mario Perez, Hilary C. Siebens. Strengthening information capture in rehabilitation discharge summaries – an application of the Siebens Domain Management Model. PM&R Journal March 2013

Schulz CF, Davis TT, Fung DA. Epidural lipomatosis as a cause for high impedance values during a spinal cord stimulator trial. PM&R Journal (online publication 4/30/13) accepted manuscript

Jung J, Ignatius M, Schulz C, Ornelas C. Advances in spinal cord stimulation for treatment of chronic pain. Current Physical Medicine and Rehabilitation Reports. June 2013, Volume 1, Issue 2, pp 120-124

2012

Zappaterra MW, Lehtinen MK. The cerebrospinal fluid: regulator or neurogenesis, behavior, and beyond. Cellular and Molecular Life Sciences. Epub, 13 March 2012.

Duc Chung et al. Predictors of discharge to acute care after inpatient rehabilitation in severely affected stroke patients. Am. J. Phys. Med. Rehabil. & Vol. 91, No. 4, April 2012

2011

Roger Mignosa. Exercise principals: compliance and training to build health and prevent Injury. The Pain Practitioner, Vol. 21, Number 2, Pgs. 24-29. Summer 2011

Lehtinen MK, Zappaterra MW, Chen X, Yang Y, Hill AD, Lun M, Maynard T, Gonzalez D, Kim S, Ye P, D'Ercole AJ, Wong ET, LaMantia AS, Walsh CA. The cerebrospinal fluid provides a proliferative niche for neural progenitor cells. Neuron, Vol. 69, 893-905, 10 March 2011.

2010

- Fish DE, Lee PC, Parti A, Pham Q. Evaluating correlation of two pain scales in spinal procedures. *Fed Pract.* 2010;27(5):24-28.
- Sanger JM, Wang J, Gleason LM, Chowrashi P, Dube DK, Mittal B, Zhukareva V, Sanger JW. Arg/Abl-Binding protein a Z-body and Z-band protein, binds sarcomeric, costameric and signaling molecules. *Cytoskeleton.* 2010; 67:808-823.
- Miranda M, Figoni SF, Cha T, Flanagan T, Mandal O, Silva M, Scremin AME, Scremin OU. Calf tissue oxygenation during exercise in men with and without risk factors for developing peripheral arterial disease. *Am J Phys Med Rehabil.* 2011, in press.

2009

- Karlamangla AS, Sarkisian CA, Kado DM, Dedes H, Liao DH, Kim S, Reuben DB, Greendale GA, Moore AA. Light to moderate alcohol consumption and disability: variable benefits by health status. *Am J Epidemiol.* 2009;169:96-104.
- Aragaki D, Nasmyth M, Schultz S, Nguyen G, Yentes J, Kao K, Perell K, Fang, M. Immediate effects of contralateral and ipsilateral cane use on normal adult gait. *PM&R J.* 2009;1(3):208-213.
- Figoni SF, Kunkel CF, Scremin AME, Dedes H, Kalioundji G, Thomas B, Bang HT, Liu P. Six months of calf exercise training in a patient with peripheral arterial disease and intermittent claudication: A case report. *Clin Kinesiol.* 63:30-38.
- Figoni SF, Kunkel CF, Scremin AME, Asher A, Banks NL, Rivera A, Tin J, Cohen B. Effects of exercise training on calf muscle oxygenation in men with intermittent claudication. *PM&R.* 2009;1(10):932-940.
- Miranda A, Figoni SF, Castellano V, Hyams D, Kerendian N, Nguyen T, Tyson A, Scremin AME, Scremin OU. Calf muscle oxygenation during exercise in healthy adults. *Clin Kinesiol.* 2010;64(1):8-15.
- Ayyoub Z, Douglas G, Khan M, Carroll B. Neurogenic heterotopic ossification (HO) within the temporomandibular joint (TMJ) in a stroke patient. *Indian J Phys Med Rehabil.* 2009; 20 (2):55-57.
- Adelson D, Lao L, Zhang G, Kim W, Marvizón JC. Substance P release and neurokinin 1 receptor activation in the rat spinal cord increase with the firing frequency of C-fibers. *Neuroscience.* 2009;161(2):538-53.

2008

- Fish DE, Middleton K, Gluzman A. Atypical presentation of osteomyelitis, discitis, epidural, and iliopsoas abscess in diffuse idiopathic skeletal hyperostosis (DISH) syndrome. *Am J Phys Med Rehabil.* 2008;87:960-6.
- Fish DE, Shirazi EP, Pham Q. The use of electromyography to predict functional outcome following transforaminal epidural steroid injections for lumbar radiculopathy. *J Pain.* 2008; 9(1):64-70.
- Marcus DB, Lee PC, Fish DE. Pain precedes computer axial tomography and scintigraphic findings in an osteoporotic vertebral compression fracture: a case report. *Pain Med.* 2008;9:866-70.
- Tremoulet AH, Best BM Song, S, Wang S, Corinaldesi E, Eichenfield JR, Martin DD, Newburger JW, Burns JC. Resistance to intravenous immunoglobulin in children with Kawasaki disease. *J Pediatr.* 2008;153(1):117-21.
- Fung DA, Frey S, Markbreiter L. Bilateral symptomatic snapping biceps femoris tendon due to fibular exostosis. *J Knee Surg.* 2008;21(1):55-7.
- Aragaki D, Huang M, Chen P, Yeung P, Kunkel C, Opava-Rutter D, Scremin AME, Scremin OU. Use of laser Doppler imaging to assess microvascular response to thermal stress. *Fed Practit.* 2008; 25(6):27-35.

Affiliated Institutions for Clinical Rotations

[West Los Angeles Healthcare Center](#)



[Sepulveda Ambulatory Care Center](#)



[Cedars-Sinai Medical Center*](#)



[UCLA Medical Center*](#)



[Children's Hospital Los Angeles*](#)



[Rancho Los Amigos National Rehabilitation Center*](#)



[VA Long Beach Healthcare System](#)



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Faculty

VA GREATER LOS ANGELES HEALTHCARE SYSTEM West Los Angeles VA Healthcare Center Physical Medicine and Rehabilitation Service (117) 11301 Wilshire Blvd. Los Angeles, CA 90073 (310) 478-3711	
A.M. Erika Scremin, M.D.	Chief, Physical Medicine & Rehabilitation Service Professor, Department of Medicine David Geffen School of Medicine at UCLA
Dixie Aragaki, M.D.	Director, PM&R Residency Program Associate Professor, Department of Medicine David Geffen School of Medicine at UCLA
Quynh Pham, M.D.	Director, Pain Medicine Fellowship Program Assoc. Director, PM&R Residency Program Associate Professor, Department of Medicine David Geffen School of Medicine at UCLA
Aashna Basu, MD	Staff Psychiatrist
Babak Darvish, M.D.	Staff Psychiatrist
Armen Dumas, M.D.	Staff Psychiatrist Assistant Professor, Department of Medicine David Geffen School of Medicine at UCLA
Sharon Gohari, M.D.	Staff Psychiatrist Assistant Professor, Department of Medicine David Geffen School of Medicine at UCLA
Valerie Johnson, D.C.	VA Chiropractor
Hyung Kim, M.D.	Staff Psychiatrist Assistant Professor, Department of Medicine David Geffen School of Medicine at UCLA
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Sanjog Pangarkar, M.D.	Director, Inpatient/Interventional Pain Service Associate Professor, Department of Medicine David Geffen School of Medicine at UCLA
Agnes Wallbom, M.D.	Staff Psychiatrist Associate Professor, Department of Medicine David Geffen School of Medicine at UCLA
Milena Zirovich, M.D.	Staff Psychiatrist

CONSULTANTS:	
Robert Baumhefner, M.D.	Teaching Consultant West LA VAMC Associate Professor, Department of Neurology David Geffen School of Medicine at UCLA
Samuel Braitman, M.D.	Consultant Physician, PM&R Kaiser Permanente - West Los Angeles Assistant Professor, Department of Medicine David Geffen School of Medicine at UCLA
Claudio Carvalho, D.O.	Teaching Consultant PM&R, Musculoskeletal Ultrasound

Marisa Chang, M.D.	Consultant Physician, Neurology West LA VAMC
Shavarsh Chrissian, M.D.	Teaching Consultant Professor, Department of Medicine David Geffen School of Medicine at UCLA
Marc Darrow, M.D., JD	Teaching Consultant PM&R, Joint Rehab Sport Medical Center
Lisa Gleason, M.D.	Consultant Physician, PM&R VA Greater Los Angeles HS Santa Maria and SLO VA
Theodore Goldstein, M.D.	Teaching Consultant Orthopedic Surgery (Spine)
Naghmeh Kerendian, D.O.	Consultant Physician, PM&R VA Greater Los Angeles HS
Alexis Kulick, Ph.D.	Staff Psychologist
Rajeswari Kumar, M.D.	Consultant Physician, PM&R VA Greater Los Angeles HS
Richard Martin, M.D.	Consultant Physician, PM&R VA Greater Los Angeles HS Santa Maria VAMC
Sulabha Masih, M.D.	Teaching Consultant Department of Radiology West LA VAMC
Lawrence Miller, M.D.	Consultant Physician, PM&R Professor, Department of Medicine David Geffen School of Medicine at UCLA
Joseph Miller, Ph.D.	Teaching Consultant, Anatomy Module Assistant Professor, Department of Pathology & Laboratory Medicine David Geffen School of Medicine at UCLA
Shahla Modarresi, M.D.	Teaching Consultant Department of Radiology West LA VAMC
Anna Okonek, Ph.D.	Staff Psychologist West LA VAMC
Resa Oshiro, M.D.	Teaching Consultant PM&R/Orthopedic Spine
Gabriel Raymond, D.O.	Consultant Physician, PM&R VA Greater Los Angeles HS
Oscar Scremin, M.D., Ph.D.	West Los Angeles VAMC (Research) Professor and Senior Career Research Scientist Department of Physiology David Geffen School of Medicine at UCLA
Perry Shieh, M.D.	Consultant Physician, Neurology Assistant Clinical Professor Department of Neurology David Geffen School of Medicine at UCLA
Walter Van Vort, M.D.	Consultant Physician, Psychiatry West LA VAMC

SEPULVEDA VA AMBULATORY HEALTHCARE CENTER

Physical Medicine & Rehabilitation Service (117)
16111 Plummer Street
Sepulveda, CA 91343
(818) 891-7711

Grant Etnyre, M.D.	Associate Professor, David Geffen School of Medicine at UCLA
Alberto Miranda, M.D.	Assistant Professor, David Geffen School of Medicine at UCLA
Anne Nastasi, M.D.	Chief, Spinal Cord Injury Service Associate Professor, David Geffen School of Medicine at UCLA
CONSULTANT:	
Alexan Abdel-Malek, M.D.	Kaiser Permanente - West Los Angeles Assistant Clinical Professor, Department of Medicine, David Geffen School of Medicine at UCLA

CEDARS-SINAI MEDICAL CENTER

8700 Beverly Blvd.
Los Angeles, CA 90048
(310) 423-3148

Richard Riggs, M.D.	Chairman and Medical Director, Department of PM&R
Sean Bamshad, MD	Staff Physiatrist
Jana Baumgarten, M.D.	Assistant Medical Director
Ryan Kotton, M.D.	Staff Physiatrist
Cynthia Mathis, M.D.	Staff Physiatrist
Anne Meyer, M.D.	Assistant Director, Department of PM&R
Mary Nasmyth, M.D.	Staff Physiatrist
Kenith Paresa, M.D.	Staff Physiatrist
Jerry Judd Pryde, M.D.	Staff Physiatrist
Sri Rao, D.O.	Staff Physiatrist

UCLA MEDICAL CENTER

10833 Le Conte Ave.
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(310)319-3336

David Fish, M.D., MPH	Assistant Director, Pain Medicine Fellowship Chief, Division of Interventional Physiatry The UCLA Spine Center Associate Professor, Department of Orthopedics David Geffen School of Medicine at UCLA
Jae Jung, M.D	Chief, Division of Musculoskeletal Spine Medicine Physical Medicine and Rehabilitation The UCLA Spine Center Assistant Professor, Department of Orthopedics David Geffen School of Medicine at UCLA
Perry Shieh, M.D.	Staff Neurologist Program Director, Neuromuscular Fellowship David Geffen School of Medicine at UCLA

CHILDRENS HOSPITAL LOS ANGELES

4650 Sunset Blvd, Mailstop 71
Los Angeles, CA 90027
(323) 361-2935

Kevan Craig, M.D.	Director, Pediatric Rehabilitation
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VA LONG BEACH HEATHCARE CENTER

5901 E. 7th Street
Long Beach, CA 90822
(562) 826-5701

Sophia Chun, M.D.	Chief, Spinal Cord Injury Service
Lily Chen, D.O.	Long Beach VA SCI
Richard Nghiem, M.D.	Long Beach VA SCI

RANCHO LOS AMIGOS NATIONAL REHABILITATION CENTER

7676 E. Imperial Highway
Downey, CA 90243
(562) 401-6074

Ziyad Ayyoub, M.D.	Chief, Adult Brain Injury Service Assistant Clinical Professor, Department of Medicine, Division of PM&R David Geffen School of Medicine at UCLA
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CALIFORNIA PAIN MEDICINE CENTER

UCLA 100 Medical Plaza, Suite 760
Los Angeles, CA 90095-7113
(310) 264-7246

Joshua P. Prager, M.D.	Assistant Professor, Anesthesiology/Pain Management Department of Internal Medicine Department of Anesthesiology David Geffen School of Medicine at UCLA
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THE UCLA SPINE CENTER

1245 16th Street, Suite 220
Santa Monica, CA 90404
(310) 319-3336

David E. Fish, M.D., MPH	Assistant Director, Pain Medicine Fellowship Chief, Division of Interventional Physiatry The UCLA Spine Center Associate Professor, Department of Orthopedics David Geffen School of Medicine at UCLA
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Current Residents

Class of 2014



Sarah Lee O'Brien, M.D. (Chief Resident)

Hometown: Columbia, MO, Pittsburgh, PA

Medical School: University of Missouri School of Medicine

Personal Interests: marathon running, Soul Cycle, wellness, travel, design, yoga



Mauro Walsh Zappaterra, M.D., PhD. (Chief Resident)

Hometown: Lafayette, CA

Medical School: Harvard Medical School

Personal Interests: research, optimizing human functioning, relieving suffering, nutrition, having fun, spending time with family

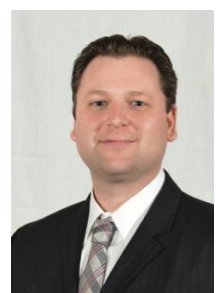


Christopher Bui, M.D.

Hometown: San Diego, CA

Medical School: David Geffen School of Medicine at UCLA

Personal Interests: music production, DJing, watching football and being a boss



Jason M. Davis, M.D.

Hometown: Bethlehem, PA

Medical School: New York Medical College



Raman Gurai, M.D.

Hometown: San Jose, CA

Medical School: St. George's University, West Indies



Steven Hsu, M.D.

Hometown: Pasadena, CA

Medical School: Case Western Reserve School of Medicine



Daniel Lee, M.D., M.S.

Hometown: Seattle, WA

Medical School: Chicago Medical School at Rosalind Franklin University of Medicine and Science

Personal Interests: gadgets, snowboarding



Mike Tran, M.D.

Medical School: Virginia Commonwealth University

Personal Interests: computers, photography, scuba diving, travel, tennis

Class of 2015



Anna Cheng, M.D.

Hometown: Diamond Bar, CA

Medical School: State University of New York Downstate

Personal Interests: scuba diving, snowboarding, photography, archery



Duc Chung, M.D.

Hometown: Milpitas, CA

Medical School: University at Buffalo School of Medicine & Biomedical Sciences

Personal Interests: playing piano, writing children's books, hanging out with friends, trying new restaurants



Lysander Jim, M.D.

Hometown: South Pasadena, CA

Medical school: Albert Einstein College of Medicine

Personal Interests: wellness, nutrition, writing, running, informatics



Pamela Law, M.D.

Hometown: Glendale, CA

Medical school: David Geffen School of Medicine at UCLA

Personal Interests: salsa dancing



Samuel Lee, M.D.

Hometown: Seattle, WA

Medical school: University of Illinois at Chicago

Personal Interests: snowboarding, movies, running, tech & gadgets, reading, eating, Settlers of Catan



Roger Mignosa, D.O.

Hometown: Huntington Beach, CA

Medical school: Touro University College of Osteopathic Medicine, California

Personal Interests: surfing, triathlon, Australia



Edward Pang, D.O., M.S.

Hometown: Los Angeles, CA

Medical school: Touro University College of Osteopathic Medicine, California

Personal Interests: hiking, tennis, beach, food, wine, traveling, snow skiing, water skiing



Mona Zall, D.O.

Hometown: Los Angeles, CA

Medical school: Western University of Health Sciences,
College of Osteopathic Medicine of the Pacific

Class of 2016



Kristine Enverga Cachola, M.D.

Hometown: Daly City, CA

Medical School: UCSF School of Medicine

Personal Interests: baking, spending time with family and
friends, going to the movies, Bay Area sports



Tim Cushing M.D.

Hometown: Carmel Valley, CA

Medical School: Albany Medical College

Personal Interests: sports medicine, going on adventures,
being outside, traveling, swimming, getting coffee, any
sport any time, watching funny cat videos, good food



Sara Flores, M.D.

Hometown: Los Angeles, CA

Medical School: Albert Einstein College of Medicine

Personal Interests: sports, especially running and soccer



Michael Givens, M.D.

Hometown: Phoenix, Arizona

Medical School: David Geffen School of Medicine at
UCLA

Personal Interests: basketball, soccer



Ryan H. Lee, M.D.

Hometown: Chicago, IL

Medical School: Tufts University

Personal Interests: volleyball, tennis, movies



Jimmy Padilla, M.D.

Hometown: Los Angeles, CA

Medical School: UCSF School of Medicine

Personal Interests: basketball, video games, traveling, gadgets, salsa dancing



Adam Saby, M.D.

Hometown: Huntington Beach, CA

Medical School: David Geffen School of Medicine at UCLA

Personal Interests: reading graphic novels (e.g. Swamp Thing by Alan Moore), partaking in über-hard charades, attending LA theatre and Mixed Martial Arts/Brazilian Jiu Jitsu-related events, competing in glow-in-the-dark mini-golf



Radhika Sood, D.O.

Hometown: Los Angeles, CA

Medical School: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific



Chirag Vora, D.O., M.S.

Hometown: Seal Beach, CA

Medical School: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific

Personal Interests: sports, traveling, food, movies, medicine

How to Apply

Applications

Thank you for your interest in our residency program. Applications are accepted through the Electronic Residency Application Service (ERAS). Please visit www.aamc.org/eras for more information.

Deadline

The deadline for application submission is December 31 each year.

Interviews

Interviews are by invitation only and conducted between October – January. Positions are filled by the National Residency Matching Program (NRMP).

Positions

8 – 9 residency positions are available each year

Completion of Internship Requirement

Applicants are expected to have successfully completed either a preliminary year of medicine or surgery, or a transitional internship prior to the start of our residency program.

Please contact our Education Office at (310) 268-3342 for more information about our training program.

After Residency

We recognize the importance of preparing graduates to handle the demands of academics, fellowships, and private practice. Our recent graduating classes have been evenly split amongst these categories.

Where do our graduates end up?

- VA Greater Los Angeles Healthcare System/ UCLA Pain Medicine Fellowship
- Kaiser Permanente Medical Group (Southern California/ Northern California)
- UCLA faculty
- Cedars-Sinai faculty
- West Los Angeles VA faculty
- Stanford University Pain Fellowship
- UC Davis Sports Medicine Fellowship
- Johns Hopkins University Sport Medicine Fellowship
- Harvard-Spaulding Spine Fellowship
- Private practice in Los Angeles, Miami, New York, Georgia, San Francisco, etc....
- And many other programs, places and practices...

Pain Medicine Fellowship

Since its inception in 2001, the Pain Medicine Fellowship has received full ACGME accreditation and shares both resources and faculty with the PM&R Residency Program. This 12-month program trains 4 fellows each year, providing them with a wide diversity of experience in both outpatient and inpatient settings with a multidisciplinary approach to comprehensive pain management. Working alongside Physiatrists, Anesthesiologists, Neurologists, Pediatricians, Psychiatrists and Psychologists, there is substantial training in interventional pain procedures and minor surgical procedures (Pumps and Stimulators). In addition to general musculoskeletal pain disorders, fellows have great exposure to headache and facial pain, palliative and cancer pain, as well as pediatric pain issues. Please see [below](#) for a sample schedule of our pain lecture series.

For additional information about the VA Greater Los Angeles Healthcare System/ UCLA multi-campus fellowship in Pain Medicine and the application process, please click [here](#) to be directed to the website. *

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Sample Pain Lecture Series Wednesday 8:00 – 9:00 a.m.

Date	2013	Topic
July 3		Introduction to Pain Management - Clinic Orientation
July 10		Physiology of Pain
July 17		Overview of Pharmacology: NSAIDs & Opioids
July 24		Acute Pain Management/Patient Controlled Analgesia
July 31		Chronic Pain Management
August 7		System based practice: encounters
August 14		Advanced Topics Opioid Management of Chronic Pain
August 21		Psychotropics and Adjuvant Pain Medications
August 28		Evaluation and Management of Low Back Pain
September 4		Evaluation and Management of Shoulder Pain
September 11		Evaluation and Management of Hip Pain
September 18		Evaluation and Management of Knee Pain
September 25		Fellow Presentation
October 2		Geriatric Pain Management
October 9		Cancer Pain / Palliative Care
October 16		Cancer Rehabilitation
October 23		Fellow M&M Presentation/Journal Club
October 30		Ethnic Differences in Spine and Pain Management
November 6		Urine Tox Screen
November 13		Chronic Abdominal Pain
November 20		Chiropractic Care for Pain Management
November 27		Fellow Presentation
December 4		Psychological management of pain: Mindfulness or CBT
December 11		Ketamine for Pain Management
December 18		Spinal Cord Stimulator
December 25		HOLIDAY

[Return to Curriculum Section](#)

Sample Pain Lecture Series Wednesday 8:00 – 9:00 a.m. (Continued)

Date	2014	Topic
January 01		HOLIDAY / No Lecture
January 08		Pre-Surgical Psychological Screening
January 15		Practice Management: Part I
January 22		Fellow M&M Presentation/Journal Club
January 29		Headaches / Migraines
February 05		Pediatric Pain Management
February 12		Practice Management: Part II
February 19		Spinal Surgery Treatment Options
February 26		Fellow Presentation
March 05		Complex Regional Pain Syndrome
March 12		Fellow M&M Presentation/Journal Club
March 19		UCLA Med Student Teaching
March 26		UCLA Med Student Teaching
April 02		UCLA Med Student Teaching
April 09		UCLA Med Student Teaching
April 16		UCLA Med Student Teaching
April 23		Fellow Presentation
April 30		Regional Anesthesia – The Basics
May 07		Orofacial Pain
May 14		Male Pelvic Pain
May 21		Female Pelvic Pain
May 28		Fellow M&M Presentation/Journal Club
June 04		Neuropathic Pain and Multiple Sclerosis
June 11		Newest Advances in Musculoskeletal Regenerative Medicine: Platelet Rich Plasma and Bone Marrow Concentrate Injections
June 18		Complimentary Alternative Medicine for Pain: Acupuncture for Musculoskeletal Pain
June 25		End of Year Wrap-up Session

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Medical Student Clerkships

Fourth year medical students are invited to participate in a 3-4 week elective rotation to gain exposure to inpatient acute rehabilitation services, outpatient PM&R and subspecialty clinics, as well as comprehensive pain management experience. We highly encourage you to first contact our Education Office at (310) 268-3342 to check on course availability. Non-UCLA students should complete the application requirements found in the link below, then send the required items to our [PM&R Education Office](#).

Information regarding available PM&R electives can be found within the Elective Course Manual (<http://www.medstudent.ucla.edu/visitingstudents> *)

Available PM&R Electives:

- ME254.01 PM&R, WLA VA
- ME254.02 PM&R, Sepulveda VA
- ME298.01 Comprehensive Pain management, WLA VA

Additionally, you may also consider the following:

- ME254.03 PM&R, Cedars-Sinai Hospital
- MD254.01 Non-Operative Musculoskeletal & Spine Pain Management, UCLA
- MD295.01 Comprehensive Spine and Pain, UCLA

* This link will take you outside of the Department of Veterans Affairs Website. The VA does not endorse and is not responsible for the content of the linked websites. The link will open in a new window.

Living in Los Angeles



Welcome to Los Angeles!

Here is a little bit about the city and its various neighborhoods in which our residents live.

Fun Facts about LA:

Population: 3,792,621 (from 2010 Census)

Avg Annual Rainfall: 14 in/ 36 cm

Avg January Temp: 57 °F/ 14 °C

Avg July Temp: 72 °F/ 22 °C

Where do our residents live?

Santa Monica

Brentwood

Westwood

Los Angeles

Culver City

Venice Beach

Marina Del Rey

Pasadena

Our residents are made up of a mix of native Angelenos as well as out-of-staters. We bring together a diverse background and set of interests, which we hope you'll ask us about when you come for a visit.

Los Angeles offers cultural experiences including numerous ethnic neighborhoods, museums, live theatre, along with music and sports venues. Not a weekend will go by without some part of the city waiting to be explored. Los Angeles is also a fantastic location for outdoor activities including: surfing, hiking, biking, and just a few hours away is some of the best skiing in California.

Here's what our residents have to say about Los Angeles:

"The Hollywood Bowl in the summer is amazing: picnics, outdoor concerts, and sometimes fireworks too!" – L.J.

"I love the culinary culture, whether it's gourmet restaurants or tea shops." – A.C.

"I love running on Santa Monica beach at night, looking at the vibrant designs on the Ferris wheel, and feeling the cool ocean breeze melt away the worries of a stressful day." – D.C.

"I live in Little Osaka, which is close to work and home to some of LA's best ramen like Tsujita, clothing stores like BlackMarket, and shaved ice from Blockheads" – R.L.

"Socially, there are hundreds of bars (untz untz untz) to explore along the coast, Hollywood, Pasadena, and Sunset strip. There's also the Downtown LA free summer concerts, Santa Monica free concerts, Rose Bowl fireworks, bike rides, and chillin' at the beach." – J.P.

"I love picnicking with friends while watching summertime movies at the Hollywood Cemetery. I also hang out in Venice where my favorite local spots are Gjelina for food and Satine for splurge shopping." – S.O.

"I love going to Lakers games. Plus, any night of the week you can salsa dance in LA-- Zanzibar on Mondays and Grenada on Fridays!" – P.L.

"There are 3 coffee shops, 3 yogurt shops, and at least 10 restaurants within a 5 minute walk from my door- who says you always have to drive everywhere in LA?" – K.C.

"On most weekend mornings, I'm dodging bicyclists and dog droppings while running along Ballona Creek. When I'm not there, I'm usually exploring all the different neighborhoods LA has to offer like Culver City, K-Town, Silver Lake, SGV and Old Town Pasadena." – D.L.

Contact Information

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Education Office
11301 Wilshire Blvd (W117)
Los Angeles, CA 90073

Tel: (310) 268-3342